

Commonwealth Mens Classic Benchpress Championships

Sun City / South Africa, 4 – 13 October, 2024

The List of Teams**Australia {The Team in Total: 55}***Lifters: 42*

1. Carroll Jack	M	SOI	-74kg
2. Poletto Lorenzo	M	Masters 4	-105kg
3. Kerin Paul	M	Masters 4	-120kg
4. Toews Beulah	F	Masters 4	-52kg
5. Stamoulis Paraskevi	F	Masters 4	84+kg
6. Varady Stephen	M	Masters 3	-83kg
7. Dumas Eric	M	Masters 3	-105kg
8. Fitzgerald John	M	Masters 3	-105kg
9. Pordel Abbas	M	Masters 3	-120kg
10. Lewis Richard	M	Masters 3	120+kg
11. Angel Clair	F	Masters 3	-57kg
12. Southwell Helen	F	Masters 3	-63kg
13. Taylor Annette	F	Masters 3	-63kg
14. Day Peta	F	Masters 3	84+kg
15. de Lepervanche Andrew	M	Masters 2	-83kg
16. Le Alexander	M	Masters 2	-83kg
17. Minto Sean	M	Masters 2	-93kg
18. Pereira Claudio	M	Masters 2	-93kg
19. Jensen Linda	F	Masters 2	-57kg
20. Powers Hope	F	Masters 2	84+kg
21. Sweeney Sue	F	Masters 2	-69kg
22. Dwyer Kylie	F	Masters 2	-76kg
23. Wallace Fiona	F	Masters 2	-76kg
24. Halim Timothy	M	Masters 1	-74kg
25. Smith Christopher	M	Masters 1	-74kg
26. Raby Jason	M	Masters 1	-105kg
27. Bartolo Natalie	F	Masters 1	-52kg
28. Frank Helen	F	Masters 1	-57kg
29. Trovato Meaghan	F	Masters 1	-63kg
30. Bosward-Fielding Abbi	F	Masters 1	-84kg
31. Vitanza Angela	F	Masters 1	-84kg
32. Kramarczuk Michelle	F	Masters 1	-69kg
33. Wheal Sarah	F	Masters 1	-76kg
34. Mynott Naomi	F	Masters 1	-76kg
35. Hussain Adam	M	Juniors	-83kg
36. Henry Jacob	M	Juniors	-83kg
37. Ison Cooper	M	Subjuniors	-93kg
38. Barney Thomas	M	Subjuniors	-105kg
39. Chancellor Walter	M	Subjuniors	-120kg
40. Pereira Ursula	F	Open	-47kg
41. Altman Hannah	F	Open	-69kg

Team Members: 13

- Schumacher Greta ✓ Nat.

2. Lannon Olivia	✓ Nat.	
3. Bosward-Fielding Abbi		✓ Assistant Coach-Athlete [NFR]
4. Wheal Sarah		✓ Assistant Coach-Athlete [NFR]
5. Angel Clair		✓ Assistant Coach-Athlete [NFR]
6. Raby Jason		✓ Assistant Coach-Athlete [NFR]
7. Halim Timothy		✓ Assistant Coach-Athlete [NFR]
8. Le Alexander		✓ Assistant Coach-Athlete [NFR]
9. Bartholomew Matthew		✓ Head Coach
10. Roberts Jake		✓ Coach
11. Mullen Joel		✓ Coach
12. Socratous Kellie		✓ Coach
13. Sargent Christopher		✓ Coach

Canada {The Team in Total: 83}*Lifters: 73*

1. Hrynkow David	M Masters 3	-66kg
2. St. Hilaire Claude	M Masters 3	-83kg
3. Ley Charles	M Masters 3	-83kg
4. Gidney Paul	M Masters 3	-105kg
5. Magnuson Mark	M Masters 3	-120kg
6. Wharton Kelly	F Masters 3	-63kg
7. Vandiepen Arlene	F Masters 3	-63kg
8. Bonneau Susan	F Masters 3	84+kg
9. Breese Gail-Ann	F Masters 3	-69kg
10. Wheeler Janine	F Masters 3	-76kg
11. Steiger Kevin	M Masters 2	-83kg
12. Horth Danny	M Masters 2	-93kg
13. Butt Jeff	M Masters 2	-93kg
14. Butt Jeff	M Masters 2	-105kg
15. Kwan Theresa	F Masters 2	-57kg
16. Nguyen Christine	F Masters 2	-63kg
17. Sproul Jillian	F Masters 2	-84kg
18. Mayo Amelie	F Masters 2	-76kg
19. Fahey Corinna	F Masters 2	-76kg
20. Rodrigue Patrick	M Masters 1	-83kg
21. Anderson Mark	M Masters 1	-83kg
22. Boraas Edward	M Masters 1	-83kg
23. Camire Dino	M Masters 1	-93kg
24. Chamberlain Joseph	M Masters 1	-105kg
25. Stewart Andrew	M Masters 1	-120kg
26. Macdonald John	M Masters 1	120+kg
27. Hussey Danielle	F Masters 1	-57kg
28. Akinsanya Morayo	F Masters 1	-63kg
29. Haupt Morgan	F Masters 1	-84kg
30. Durnford Fronia	F Masters 1	-84kg
31. Broesky Jaqui	F Masters 1	84+kg
32. Munro Jeri	F Masters 1	-69kg
33. Archambault Emmanuelle	F Masters 1	-69kg
34. Stone Melissa	F Masters 1	-76kg

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35.	Chawla Ankish	M Juniors	-74kg
36.	Constantine Tanner	M Juniors	-74kg
37.	Wei Danny	M Juniors	-83kg
38.	St. Pierre Emeric	M Juniors	-83kg
39.	Zi Chen	M Juniors	-93kg
40.	Guimont Claude-Alexandre	M Juniors	-93kg
41.	Huang Yumi	M Juniors	-105kg
42.	Genge Matthew	M Juniors	-105kg
43.	Akerman Ethan	M Juniors	-120kg
44.	Ma-Ao Francine	F Juniors	-57kg
45.	Lavigueur Judith	F Juniors	-63kg
46.	de Carolis Sienna	F Juniors	-69kg
47.	Campeau Anne-Marie	F Juniors	-69kg
48.	Shore Leah	F Juniors	-76kg
49.	Swanepoel Carla	F Juniors	-76kg
50.	Minihan Owen	M Subjuniors	-83kg
51.	Rushton Jacob	M Subjuniors	-105kg
52.	Yu Benjamin	M Open	-59kg
53.	Jastin Manalo	M Open	-74kg
54.	Zelensky Timothy	M Open	-83kg
55.	Heintz Daniel	M Open	-83kg
56.	Reimer Zachary	M Open	-93kg
57.	Becker Taylor	M Open	-93kg
58.	Marriott Alex	M Open	-120kg
59.	Soo Christopher	M Open	-120kg
60.	Bentley Garrett	M Open	120+kg
61.	Kean Stef	F Open	-52kg
62.	Kessel Riva	F Open	-84kg
63.	Kasper Melissa	F Open	-84kg
64.	Watson Jayde	F Open	84+kg
65.	Nearing Ashley	F Open	-69kg
66.	Irvine Michelle	F Open	-76kg

Team Members: 10

1.	You Bill	✓ Cat.1	
2.	Smith Justin	✓ Cat.1	
3.	Butt Jeff	✓ Cat.2	
4.	Kean Tom		✓ Coach
5.	Houle Bonnie		✓ Coach
6.	Kennedy Mathieu		✓ Assistant Coach
7.	Rene Philippe		✓ Assistant Coach
8.	Butt Jeff		✓ Assistant Coach-Athlete [NFR]
9.	Heintz Daniel		✓ Assistant Coach-Athlete [NFR]
10.	Castro Christine		✓ Head Coach

England {The Team in Total: 167}

Lifters: 157

1.	Cornwall Marina	F Masters 4	-47kg
2.	Follis Lynda	F Masters 4	-52kg
3.	Want Andy	M Masters 3	-74kg

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4.	Vineburg Stephen	M	Masters 3	-83kg
5.	Rodney Robert	M	Masters 3	-93kg
6.	Lowther Wade	M	Masters 3	-105kg
7.	Giles Steve	M	Masters 3	-105kg
8.	Rigby Andy	M	Masters 3	-120kg
9.	Tiernan Deborah	F	Masters 3	-63kg
10.	Davies Catherine	F	Masters 3	-84kg
11.	Blasbery Jackie	F	Masters 3	84+kg
12.	Derby Janet	F	Masters 3	-69kg
13.	Liddle Andy	M	Masters 2	-59kg
14.	Sarker Ajoy	M	Masters 2	-74kg
15.	Murphy Adrian	M	Masters 2	-83kg
16.	Brockway Dave	M	Masters 2	-83kg
17.	Farrar Stephen	M	Masters 2	-93kg
18.	Ball Darren	M	Masters 2	-120kg
19.	Vernelli Toni	F	Masters 2	-52kg
20.	Holden Joanne	F	Masters 2	-57kg
21.	Hodkinson Tiffany	F	Masters 2	-57kg
22.	Rodney Allison	F	Masters 2	-57kg
23.	Spragg Rachel	F	Masters 2	-63kg
24.	Treharne Yvonne	F	Masters 2	-63kg
25.	Shergold Rita	F	Masters 2	-63kg
26.	Holden Joanne	F	Masters 2	-63kg
27.	Holmes Sharon	F	Masters 2	-63kg
28.	Watson Pauline	F	Masters 2	-84kg
29.	Kehoe Emma	F	Masters 2	-84kg
30.	McKendry Karen	F	Masters 2	-84kg
31.	Jackson Elaine	F	Masters 2	84+kg
32.	Laird Joanne	F	Masters 2	84+kg
33.	Windle Elizabeth	F	Masters 2	-76kg
34.	Elfleet Liz	F	Masters 2	-76kg
35.	Nash Michael	M	Masters 1	-66kg
36.	Hunter Nash	M	Masters 1	-74kg
37.	Piper Richard	M	Masters 1	-74kg
38.	Richens Ben	M	Masters 1	-83kg
39.	Furphy Patrick	M	Masters 1	-93kg
40.	Carlyle Ross	M	Masters 1	-105kg
41.	Priddle Andrew	M	Masters 1	120+kg
42.	Paskin Katie	F	Masters 1	-47kg
43.	Clarke Kate	F	Masters 1	-52kg
44.	Drackford Emma	F	Masters 1	-57kg
45.	Shamel Catherine	F	Masters 1	-57kg
46.	Brooke Michelle	F	Masters 1	-57kg
47.	Yardy Hannah	F	Masters 1	-63kg
48.	Hinchelwood Amber	F	Masters 1	-63kg
49.	Lau Letitia	F	Masters 1	-63kg
50.	Fysh Kelly	F	Masters 1	-84kg
51.	Radcliffe Victoria	F	Masters 1	-84kg
52.	Gaffney Fiona	F	Masters 1	84+kg

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53.	Buckle Caroline	F	Masters 1	84+kg
54.	o'Neil Carole	F	Masters 1	-76kg
55.	Palmer Georgina	F	Masters 1	-76kg
56.	Chacko Aaron	M	Juniors	-66kg
57.	Moszuti Anthony	M	Juniors	-74kg
58.	Spencer James	M	Juniors	-83kg
59.	Simmons Hayden	M	Juniors	-83kg
60.	Goff Theo	M	Juniors	-93kg
61.	Handley Marcus	M	Juniors	-93kg
62.	Isaak Nathan	M	Juniors	-93kg
63.	Mills Connor	M	Juniors	-93kg
64.	Uddin Dawud	M	Juniors	-105kg
65.	Rhodes Ben	M	Juniors	-105kg
66.	Harding Jacob	M	Juniors	-105kg
67.	Cleverley Archie	M	Juniors	120+kg
68.	Davenport Megan	F	Juniors	-52kg
69.	Lane Alice	F	Juniors	-57kg
70.	Cameron Nicole	F	Juniors	-57kg
71.	Blundell Serena	F	Juniors	-63kg
72.	Gill Lucy	F	Juniors	-84kg
73.	Harvey Karmen	F	Juniors	84+kg
74.	Windebank Abbie	F	Juniors	-69kg
75.	Dodge Kimberley	F	Juniors	-69kg
76.	Varley Estelle	F	Juniors	-76kg
77.	Fakkell Izzy	F	Juniors	-76kg
78.	Lacey Charleigh	F	Juniors	-76kg
79.	Bessent Dakota	M	Subjuniors	-59kg
80.	Chester Harvey	M	Subjuniors	-66kg
81.	Bradley Edward	M	Subjuniors	-74kg
82.	Caulkin Morgan	M	Subjuniors	-74kg
83.	Uchegbu Obi	M	Subjuniors	-83kg
84.	Daccus Oliver	M	Subjuniors	-83kg
85.	Visser Owen	M	Subjuniors	-93kg
86.	Priddle Ashley	M	Subjuniors	-93kg
87.	Frisby Jack	M	Subjuniors	-120kg
88.	Anders Will	M	Subjuniors	120+kg
89.	Cornwell Chloe	F	Subjuniors	-52kg
90.	Clarke Violet	F	Subjuniors	-52kg
91.	Clarke Violet	F	Subjuniors	-57kg
92.	Tatum Katie	F	Subjuniors	-84kg
93.	McMulkin Poppy	F	Subjuniors	-69kg
94.	Kunadu Princess	F	Subjuniors	-76kg
95.	Webster Oliver	M	Open	-74kg
96.	Sandoe George	M	Open	-74kg
97.	Stolle Lucas	M	Open	-83kg
98.	Srikantha Anujan	M	Open	-83kg
99.	Charlie Thomas	M	Open	-83kg
100.	Darmon Antoine	M	Open	-83kg
101.	Taylor James	M	Open	-93kg

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102.	Khine Cyrus	M Open	-93kg
103.	Knapp Thomas	M Open	-93kg
104.	Watson Ashley	M Open	-105kg
105.	Feeney Joe	M Open	-105kg
106.	Smith Adrian	M Open	-105kg
107.	Shaw Thomas	M Open	-105kg
108.	Keightley-Smith Louis	M Open	-120kg
109.	Shaw Joseph	M Open	-120kg
110.	McGuinness Wesley	M Open	-120kg
111.	Lefevre Emmerson	M Open	-120kg
112.	Rant Ben	M Open	120+kg
113.	Phillips-Martin Ryan	M Open	120+kg
114.	Martynyszyn Matthew	M Open	120+kg
115.	Ahmed Asif	M Open	120+kg
116.	Coggle Craig	M Open	120+kg
117.	Pisano Martina	F Open	-47kg
118.	Westray Emily	F Open	-52kg
119.	Tatman Leoni	F Open	-52kg
120.	Kaye Sheina	F Open	-57kg
121.	Clay Anna	F Open	-57kg
122.	Nicolson Claudia	F Open	-63kg
123.	Mackie Charlotte	F Open	-63kg
124.	Clayton Hannah	F Open	-63kg
125.	Arterton Sian	F Open	-84kg
126.	Baker Katie	F Open	-84kg
127.	Firth Talia	F Open	84+kg
128.	Moloney Annabel	F Open	84+kg
129.	Turcatti Domiziana	F Open	-69kg
130.	Roberts Ellen	F Open	-69kg
131.	Henry Alexandra	F Open	-69kg
132.	Hall Lottie	F Open	-76kg

Team Members: 10

1.	Parker Richard	✓ Cat.1	
2.	Marsh Paul	✓ Cat.2	✓ Head Coach
3.	Hall Lottie	✓ Cat.2	✓ Coach
4.	Taylor James		✓ Coach
5.	Foran Paul		✓ Coach
6.	Feeney Joe		✓ Assistant Coach
7.	Shaw Joseph		✓ Assistant Coach
8.	Ellis Sophia		✓ Assistant Coach
9.	Clarke Kate		✓ Assistant Coach
10.	Coggle Craig		✓ Assistant Coach

Guyana {The Team in Total: 8}**Lifters: 8**

1.	Brisport - Luke Franklyn	M Masters 2	-66kg
2.	Rogers Roger	M Masters 2	-120kg
3.	Taharally Nadina	F Masters 2	-76kg
4.	Mohamed Wazim	M Masters 1	-93kg

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5. Chan Demetri	M Open	-74kg
6. Williams Bjorn	M Open	-105kg

India {The Team in Total: 73}*Lifters: 73*

1. D Lakshmanan	M Masters 3	-59kg
2. Kumar Tandi Baiba	M Masters 3	-74kg
3. Khatana Rajkumar	M Masters 3	-105kg
4. Dattaraya Binjwe Girish	M Masters 2	-105kg
5. Sharma Sweety	F Masters 2	-76kg
6. Shetty Santosh	M Masters 1	-74kg
7. Harishchandra Pawar Dinesh	M Masters 1	-74kg
8. Chaudhari Priti	F Masters 1	-47kg
9. Inamdar Dr Sharvari	F Masters 1	-57kg
10. Roy Anita	F Masters 1	-63kg
11. A Ghodekar Gauri	F Masters 1	-84kg
12. Bhadekar Jyoti	F Masters 1	-84kg
13. Deshpande Pooja	F Masters 1	84+kg
14. Kokane Poonam	F Masters 1	-69kg
15. Abdulla S Sheik	M Juniors	-59kg
16. Vamsi Modem	M Juniors	-66kg
17. Kumar Sandesh	M Juniors	-74kg
18. Singh Kchetrapal	M Juniors	-83kg
19. Moorthy Jayamaruthy	M Juniors	-83kg
20. Khajavali Syed	M Juniors	-93kg
21. Joshi Shashank	M Juniors	-105kg
22. Sundar R S Shyaam	M Juniors	-120kg
23. Singh Yashvardhan	M Juniors	-120kg
24. Fazil Mohamad	M Juniors	120+kg
25. Azlan W Mohammed	M Juniors	120+kg
26. Anand Divyanshu	M Juniors	120+kg
27. N Balamurugan	M Juniors	120+kg
28. Vidhi Vidhi	F Juniors	-43kg
29. Kumawat Durga	F Juniors	-47kg
30. Pinto Shalan	F Juniors	-47kg
31. Supriya Pandurang Supekar	F Juniors	-52kg
32. Kuntal Seema	F Juniors	-52kg
33. Patidar Vanshika	F Juniors	-57kg
34. Almas Shaik Sadiya	F Juniors	-57kg
35. Meenu Meenu	F Juniors	-63kg
36. Vaishnavi Mahesh	F Juniors	-84kg
37. V Ameya	F Juniors	84+kg
38. Gnana Divya Nagam	F Juniors	84+kg
39. Dangi Neelam	F Juniors	84+kg
40. Vinayagamoorthy Rajeswari	F Juniors	-69kg
41. Kajal Kajal	F Juniors	-69kg
42. K Anushiya	F Juniors	-76kg
43. Singh Hemant	M Subjuniors	-53kg

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44.	Dagur Himanshu	M	Subjuniors	-59kg
45.	Kumar Ravi	M	Subjuniors	-66kg
46.	Prajapati Pawan	M	Subjuniors	-93kg
47.	Shinde Prithviraj	M	Subjuniors	-120kg
48.	Kunal Kunal	M	Subjuniors	-120kg
49.	Patro Rohit	M	Subjuniors	120+kg
50.	Garg Tanish	M	Subjuniors	120+kg
51.	Borah Moitrayee	F	Subjuniors	-47kg
52.	Kumawat Akanksha	F	Subjuniors	-52kg
53.	Mohan Dhisha	F	Subjuniors	-57kg
54.	Ashwin Desai Devika	F	Subjuniors	84+kg
55.	Bhagwat Aarya	F	Subjuniors	-69kg
56.	Raut Kadambari	F	Subjuniors	-69kg
57.	Kumar Kundan	M	Open	-59kg
58.	Rathore Pranjal	M	Open	-59kg
59.	Kumar Pradeep	M	Open	-93kg
60.	Ulla Arshad	M	Open	-120kg
61.	Ranjeeta Ranjeeta	F	Open	-57kg
62.	Tripathi Mansi	F	Open	-84kg
63.	Sharma Bhavana	F	Open	84+kg
64.	Sukanya Tejavath	F	Open	-76kg
65.	B M Vaishali	F	Open	-76kg

Isle of Man {The Team in Total: 24}*Lifters: 19*

1.	Lindsay Kerry	F	Masters 2	-63kg
2.	Grant Lisa	F	Masters 1	-84kg
3.	Egan Alyson	F	Masters 1	-84kg
4.	Kelly Kerry	F	Masters 1	84+kg
5.	Grant Lisa	F	Masters 1	-76kg
6.	Runge Lewis	M	Juniors	-93kg
7.	Morgan Harry	M	Subjuniors	-66kg
8.	Harris Samuel	M	Subjuniors	-83kg
9.	Lindsay Teagan	F	Subjuniors	-52kg
10.	Weldon Freya	F	Subjuniors	84+kg
11.	de Los Reyes Kail	M	Open	-66kg
12.	Maddocks Cy	M	Open	-105kg

Team Members: 5

1.	Grant Lisa	✓	Head Coach
2.	Runge Lewis	✓	Coach
3.	Maddocks Cy	✓	Assistant Coach
4.	Lindsay Teagan	✓	Assistant Coach
5.	Harris Samuel	✓	Assistant Coach

Malaysia {The Team in Total: 1}*Lifters: 1*

1.	Chin Yu Wai Kenneth Kaden	M	Open	-59kg
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New Zealand {The Team in Total: 54}

Lifters: 40

1.	Strachan Kevin	M	Masters 4	-66kg
2.	Patchett Barry	M	Masters 4	-74kg
3.	Muldrock Patricia	F	Masters 4	-47kg
4.	Wilson Cherry	F	Masters 4	-57kg
5.	Tepa Norman	M	Masters 3	-93kg
6.	Holmes Geoffrey	M	Masters 3	120+kg
7.	Moar Sue	F	Masters 3	-57kg
8.	Humphreys Karen	F	Masters 3	-63kg
9.	Chipping Tracy	F	Masters 3	-84kg
10.	Evans Delwyn	F	Masters 3	-76kg
11.	Anderson Chad	M	Masters 2	-93kg
12.	Laban Les	M	Masters 2	-105kg
13.	Pye Jonathan	M	Masters 2	120+kg
14.	Cosner Ali	F	Masters 2	-84kg
15.	Lugg Suellen	F	Masters 2	-84kg
16.	Telea Ime	F	Masters 2	84+kg
17.	Hall Elizabeth	F	Masters 2	84+kg
18.	Williamson Bobby-Jo	F	Masters 2	-76kg
19.	Fordyce Christina	F	Masters 2	-76kg
20.	Babu Rajesh	M	Masters 1	-59kg
21.	Babu Rajesh	M	Masters 1	-66kg
22.	Snow Tom	M	Masters 1	-83kg
23.	Broczek Anita	F	Masters 1	-69kg
24.	o'Rourke Raymond	M	Juniors	-74kg
25.	Banya Tafa	M	Juniors	-83kg
26.	Burrell Jack	M	Juniors	-93kg
27.	Farid Ahmed	M	Juniors	-93kg
28.	Riekert Ashleigh	F	Juniors	-84kg
29.	Drake Jess	F	Juniors	-69kg
30.	Soligo Fletcher	M	Subjuniors	-66kg
31.	Gittos Stephen	M	Subjuniors	-83kg
32.	Karaitiana Tovia	M	Open	-93kg
33.	Anderson Patrick	M	Open	-93kg
34.	Yasakith Ridma	M	Open	-120kg
35.	Smith Megan-Li	F	Open	-52kg
36.	Smith Megan-Li	F	Open	-57kg
37.	Jennings Catherine	F	Open	-57kg
38.	Nunan Claire	F	Open	-84kg
39.	Ropata Riria	F	Open	84+kg
40.	Lai Karen	F	Open	-69kg

Team Members: 14

1.	Holmes Geoff	√	Cat.2	√	Assistant Coach-Athlete [NFR]
2.	McMillan Craig	√	Cat.2	√	Assistant Coach-Athlete [NFR]
3.	Williams Tasha			√	Assistant Coach-Athlete [NFR]
4.	Cosner Ali			√	Assistant Coach-Athlete [NFR]
5.	Lai Karen			√	Assistant Coach-Athlete [NFR]
6.	Strachan Kevin			√	Assistant Coach-Athlete [NFR]

7. Nunan Claire	✓ Assistant Coach-Athlete [NFR]
8. Smith Megan-Li	✓ Assistant Coach-Athlete [NFR]
9. Hall Elizabeth	✓ Assistant Coach-Athlete [NFR]
10. Schroder James	✓ Head Coach
11. Jones Mike	✓ Coach
12. Jennings Jordan	✓ Coach
13. McCaffrey Reece	✓ Assistant Coach
14. Bright William	✓ Assistant Coach

Northern Ireland {The Team in Total: 70}*Lifters: 59*

1. Rossborough Jim	M Masters 2	-83kg
2. McCormick Maggie	F Masters 2	-57kg
3. Mulholland Kyla	F Masters 2	84+kg
4. Bell Lisa	F Masters 2	84+kg
5. Norton Ruthie	F Masters 2	-76kg
6. Henry David	M Masters 1	-120kg
7. Wilson Jenny	F Masters 1	-76kg
8. Topping Matthew	M Juniors	-59kg
9. Henry Luke	M Juniors	-74kg
10. Colyn Michael	M Juniors	-74kg
11. McCourt Mark	M Juniors	-83kg
12. Gibson Callum	M Juniors	-83kg
13. McAlpine Adam	M Juniors	-93kg
14. Connealy Aidan	M Juniors	-93kg
15. Flannigan Daniel	M Juniors	-93kg
16. Preuss Joshua	M Juniors	-105kg
17. Shardlow Megan	F Juniors	-63kg
18. Maguire Hannah	F Juniors	-63kg
19. Dihmis Minnie	F Juniors	-84kg
20. Adair Samih	F Juniors	-69kg
21. Storey Lara	F Juniors	-76kg
22. Graham Joshua	M Subjuniors	-66kg
23. Anderson Ethan	M Subjuniors	-74kg
24. Wilson Bobby	M Subjuniors	-74kg
25. Flannigan Matthew	M Subjuniors	-74kg
26. Evans Reece	M Subjuniors	-83kg
27. Patton Thomas	M Subjuniors	-83kg
28. Gault Adam	M Subjuniors	-93kg
29. Marcinko Michal	M Subjuniors	-105kg
30. Graham Zack	M Subjuniors	120+kg
31. Woods Katie	F Subjuniors	-57kg
32. Routledge Charley	F Subjuniors	-63kg
33. Chen Yin	F Subjuniors	-69kg
34. Jamison Corey	M Open	-66kg
35. Johnson Adam	M Open	-83kg
36. Ball Nathan	M Open	-83kg
37. Allen Daniel	M Open	-83kg
38. Marcelino Ruben	M Open	-93kg

39.	Gibson Daniel	M	Open	-93kg
40.	Ferguson Jonathan	M	Open	-93kg
41.	Savage Ben	M	Open	-105kg
42.	Bell Josh	M	Open	-105kg
43.	Gilchrist Jack	M	Open	-105kg
44.	Bruce Michael	M	Open	-120kg
45.	Kelly Ryan	M	Open	120+kg
46.	Martin Laura	F	Open	-52kg
47.	Smyth Catriona	F	Open	-57kg
48.	Moore Ruth	F	Open	-63kg
49.	Cheevers Chloe	F	Open	-63kg
50.	Gilgunn Laura	F	Open	84+kg
51.	McKee Hannah	F	Open	84+kg
52.	Beatty Nicola	F	Open	84+kg
53.	Suitor Dana	F	Open	-69kg
54.	Bell Elena	F	Open	-76kg
55.	Edwards Laura	F	Open	-76kg
56.	McCourt Daniella	F	Open	-76kg

Team Members: 11

1.	Ferguson Jonathan	✓	Head Coach
2.	Mulholland Kyla	✓	Coach
3.	Bell Lisa	✓	Coach
4.	Bell Josh	✓	Coach
5.	Moore Ruth	✓	Coach
6.	Snody Jack	✓	Coach
7.	McNaughten Chris	✓	Coach
8.	Mullan Ricky	✓	Coach
9.	Bell Elena	✓	Coach
10.	Allen Daniel	✓	Coach
11.	Bruce Michael	✓	Coach

Pakistan {The Team in Total: 16}*Lifters: 14*

1.	Ali Haider	M	Masters 2	120+kg
2.	Raza Husnain	M	Masters 1	-93kg
3.	Adnan Muhammad Abdul Jabar	M	Masters 1	120+kg
4.	Sohail Veronika	F	Juniors	-52kg
5.	Butt Muhammad Nooh Dastgir	M	Open	120+kg
6.	Sohail Sybil	F	Open	-47kg
7.	Sohail Twinkle	F	Open	-84kg

Team Members: 2

1.	Meeran Haris	✓	Official
2.	Khokhar Sohail Javaid	✓	Official

Scotland {The Team in Total: 79}*Lifters: 71*

1.	Tolland Joanne	F	Masters 3	84+kg
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2.	Gordon Maureen	F	Masters 3	-69kg
3.	Simon Scott	M	Masters 2	-120kg
4.	Fender Karen	F	Masters 2	-63kg
5.	Hill Elizabeth	F	Masters 2	-63kg
6.	Herrington Lisa	F	Masters 2	-84kg
7.	Lauder Angela	F	Masters 2	-84kg
8.	McHaffie Linda	F	Masters 2	84+kg
9.	Dent Senga	F	Masters 2	84+kg
10.	Banks Lynda	F	Masters 2	-69kg
11.	Sainsbury Pamela	F	Masters 2	-69kg
12.	Fulton Mark	M	Masters 1	-83kg
13.	Juskowiak Reon	M	Masters 1	-93kg
14.	Litchfield David	M	Masters 1	-105kg
15.	Kane Ron	M	Masters 1	120+kg
16.	Walker Paul	M	Masters 1	120+kg
17.	Middler Arlene	F	Masters 1	-57kg
18.	McArthur Nicola	F	Masters 1	-63kg
19.	MacFarlane Wendy	F	Masters 1	-84kg
20.	Ferguson-Ford Helen	F	Masters 1	84+kg
21.	Tocher Claire	F	Masters 1	84+kg
22.	Parkin Joanne	F	Masters 1	84+kg
23.	Kesterton Emma	F	Masters 1	-69kg
24.	Sim Claire	F	Masters 1	-76kg
25.	White Ciar	M	Juniors	-93kg
26.	Scott Thomas	M	Juniors	-93kg
27.	Limbert Rhys	M	Juniors	-105kg
28.	Omar Nur Azam Ilhan	M	Juniors	-105kg
29.	Glyn-Jones Ruaridh	M	Juniors	-105kg
30.	Wilson Alasdair	M	Juniors	-120kg
31.	Stitt Miranda	F	Juniors	-63kg
32.	Smith Samantha	F	Juniors	-63kg
33.	MacDonald Fiona	F	Juniors	-84kg
34.	Miller Gemma	F	Juniors	84+kg
35.	Guthrie Aimee	F	Juniors	-76kg
36.	Gorman Robyn	F	Juniors	-76kg
37.	Alsop Eilin	F	Juniors	-76kg
38.	Parker Josh	M	Subjuniors	-93kg
39.	Neilson Mackenzie	M	Subjuniors	-120kg
40.	Wardell Hannah	F	Subjuniors	-57kg
41.	Moran Aaron	M	Open	-83kg
42.	Murray Jordan	M	Open	-83kg
43.	Smith William	M	Open	-93kg
44.	Laidlaw James	M	Open	-105kg
45.	Borthwick Fraser	M	Open	-105kg
46.	Glyn-Jones Ruaridh	M	Open	-105kg
47.	Kelly Lewis	M	Open	-120kg
48.	Odenthal Callum	M	Open	-120kg
49.	Nikola Murray	F	Open	-47kg
50.	Mercer Ceileidh	F	Open	-52kg

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51.	Olsen Kayleigh	F	Open	-52kg
52.	Judge Holly	F	Open	-57kg
53.	Jarvie Aimee	F	Open	-63kg
54.	Conti Jessica	F	Open	-63kg
55.	Williamson Lauren	F	Open	-84kg
56.	Catriona Bell	F	Open	84+kg
57.	Scobie Mairi	F	Open	84+kg
58.	Craig Amy	F	Open	-69kg
59.	McKie Faye	F	Open	-69kg
60.	Nicole Higginson	F	Open	-69kg
61.	Blum Lisa	F	Open	-76kg
62.	Neill Chloe	F	Open	-76kg
63.	Gladden Morgan	F	Open	-76kg

Team Members: 8

1.	Brown William	✓	Cat.2	✓	Head Coach
2.	Tocher Claire	✓	Nat.	✓	Assistant Coach
3.	Macpherson Alyce			✓	Coach
4.	Jarosinska Karolina			✓	Coach
5.	White Ciar			✓	Assistant Coach
6.	Scobie Mairi			✓	Assistant Coach
7.	McCahill Kirsty			✓	Assistant Coach
8.	Wilson Alasdair			✓	Assistant Coach

Singapore {The Team in Total: 8}**Lifters: 8**

1.	Koike Tetsuo	M	Masters 2	-74kg
2.	Du Plessis Mark	M	Masters 2	-83kg
3.	Robertson Andrew	M	Masters 2	-93kg
4.	Tanoto Paulina	F	Masters 2	-57kg
5.	Horsewood Adam John	M	Masters 1	-93kg
6.	Pritchard Jon-Paul	M	Masters 1	-105kg
7.	Rouse Shaifulizzam	M	Masters 1	120+kg
8.	Yang Yunie	F	Masters 1	84+kg

South Africa {The Team in Total: 118}**Lifters: 98**

1.	Sillitoe Bryce	M	SOI	120+kg
2.	Oppenheim Dan	M	Masters 4	-83kg
3.	Bruce Jc	M	Masters 3	-66kg
4.	de Nysschen Tommie	M	Masters 3	-83kg
5.	de Nysschen Tommie	M	Masters 3	-93kg
6.	Leighton Heather	F	Masters 3	-69kg
7.	Lacob Yaniv	M	Masters 2	-74kg
8.	Ridgard Alan	M	Masters 2	-93kg
9.	Botha Jerry	M	Masters 2	-93kg
10.	Hayden Derek	M	Masters 2	-105kg
11.	Bensch Denis	M	Masters 2	-120kg
12.	de Beer Hermanus	M	Masters 2	-120kg
13.	Crain John	M	Masters 2	120+kg

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14.	Schoeman Pieter	M	Masters 2	120+kg
15.	Barry Elisabeth	F	Masters 2	-47kg
16.	Anthony Carol	F	Masters 2	-52kg
17.	van Linge Marieke	F	Masters 2	-63kg
18.	Matthewson Gail	F	Masters 2	-76kg
19.	Bloem Bonita	F	Masters 2	-76kg
20.	Coleman Steven	M	Masters 1	-66kg
21.	Daniels Marlon	M	Masters 1	-83kg
22.	Fitzpatrick Ricardo	M	Masters 1	-83kg
23.	Smedley Deon	M	Masters 1	-93kg
24.	Jacobsz David	M	Masters 1	-93kg
25.	Mncube Lemuel	M	Masters 1	-93kg
26.	Serge Edlyn	M	Masters 1	-105kg
27.	Masson Craig	M	Masters 1	-120kg
28.	Mudau Newton	M	Masters 1	-120kg
29.	van Huyssteen Braam	M	Masters 1	-120kg
30.	Breetzke Simon	M	Masters 1	120+kg
31.	Koekemoer Werner	M	Masters 1	120+kg
32.	Valle Tarryn	F	Masters 1	-52kg
33.	Jones Lauren	F	Masters 1	84+kg
34.	Townsend Michele	F	Masters 1	84+kg
35.	Marangoni Pia	F	Masters 1	-76kg
36.	Pornss Scott	M	Juniors	-74kg
37.	Snyman Nicholas	M	Juniors	-74kg
38.	Palmer Matthew	M	Juniors	-83kg
39.	Thomas Simon	M	Juniors	-93kg
40.	Britz Sean	M	Juniors	-105kg
41.	Cotton Daniel	M	Juniors	-105kg
42.	Curtain Simon	M	Juniors	-120kg
43.	Furman Justin	M	Juniors	-120kg
44.	Hasell Nicole	F	Juniors	-57kg
45.	Wilkin Kate	F	Juniors	-57kg
46.	Mottalini Gaia	F	Juniors	-63kg
47.	Stringer Megan	F	Juniors	-63kg
48.	Kotze Charnleigh	F	Juniors	-69kg
49.	Botha Ferde	M	Subjuniors	-66kg
50.	Madhav Jaden	M	Subjuniors	-66kg
51.	Evens John	M	Subjuniors	-74kg
52.	Collocott Alex	M	Subjuniors	-74kg
53.	Coleman Blaine	M	Subjuniors	-74kg
54.	Sutton Ryan	M	Subjuniors	-83kg
55.	Williams Christopher	M	Subjuniors	-83kg
56.	Fulop Szethyn	M	Subjuniors	-93kg
57.	Botes Arne	M	Subjuniors	-105kg
58.	Roberts Grace	F	Subjuniors	-57kg
59.	Ridgard Joanna	F	Subjuniors	-57kg
60.	Fox Jana	F	Subjuniors	-63kg
61.	de Wet Mijuane	F	Subjuniors	-63kg
62.	Bezuidenhout Ava	F	Subjuniors	-84kg

63.	van der Merwe Simone	F	Subjuniors	84+kg
64.	Mulder Chante	F	Subjuniors	-69kg
65.	Stander Lisa	F	Subjuniors	-76kg
66.	Maree Anika	F	Subjuniors	-76kg
67.	van der Merwe Roechelle	F	Subjuniors	-76kg
68.	Goliath Geordie	M	Open	-59kg
69.	van der Linde Ruben	M	Open	-74kg
70.	O'Donoghue Grant	M	Open	-83kg
71.	Martin Maahir	M	Open	-93kg
72.	Khuzwayo Bandile	M	Open	-93kg
73.	Ntuli Nkosinathi	M	Open	-93kg
74.	Pietersen Haroun	M	Open	-105kg
75.	Sishi Sibusiso	M	Open	-105kg
76.	Yslie Fabio	M	Open	-105kg
77.	Masson Craig	M	Open	-120kg
78.	Leask Jared	M	Open	120+kg
79.	Muto Giulia	F	Open	-52kg
80.	Botha Farzana	F	Open	-52kg
81.	Roos Chevonne	F	Open	-57kg
82.	Daffue Janel	F	Open	-63kg
83.	da Silva Daniella	F	Open	-63kg
84.	Coopoosamy Nicole	F	Open	-84kg
85.	Waldeck Danielle	F	Open	84+kg
86.	Payne Sasha	F	Open	-69kg
87.	Serge V'leen	F	Open	-76kg

Team Members: 20

1.	Botha Vicki	✓	Cat.1	
2.	Leighton Heather	✓	Cat.1	✓ Official
3.	Leighton Megan	✓	Cat.1	✓ Coach
4.	Du Toit Chantelle	✓	Cat.2	✓ Coach
5.	Oppenheim Dan			✓ Assistant Coach-Athlete [NFR]
6.	Rees Jacqui			✓ Assistant Coach-Athlete [NFR]
7.	Barry Elisabeth			✓ Assistant Coach-Athlete [NFR]
8.	Ludik Andre			✓ Head Coach
9.	Furman Ian			✓ Coach
10.	Gadney Sarel			✓ Coach
11.	Anthony Rodney			✓ Coach
12.	Mdluli Caneous			✓ Coach
13.	Maritz Ilze-Mari			✓ Coach
14.	Joesha Tambe			✓ Assistant Coach
15.	Motlaung Thabang			✓ Assistant Coach
16.	Anthony Carol			✓ Assistant Coach-Athlete [NFR]
17.	Anthony Andrew			✓ Coach
18.	Anthony Darryn			✓ Assistant Coach
19.	de Wet Henk			✓ Coach
20.	Vorster Marcel			✓ Coach

Sri Lanka {The Team in Total: 14}*Lifters: 14*

Commonwealth Mens Classic Benchpress Championships

1.	Rohan Camillo Paulas	M Masters 3	-93kg
2.	Mahesh Bandula	M Masters 1	-83kg
3.	Thilakarathna Chandana	M Masters 1	-83kg
4.	M.v. Susitha Sudam Suraweera	M Masters 1	-83kg
5.	T. Raveen Sanju Peiris	M Juniors	-66kg
6.	S.sumudu Pradeep	M Open	-59kg
7.	Channa Rajapaksha	M Open	-66kg
8.	Jenosha Mendis	M Open	-74kg
9.	Jayasinghe Uvindu	M Open	-105kg
10.	Jayathilaka Ransilu	M Open	-120kg
11.	Satkunarajha Pushanthan	M Open	120+kg
12.	de Silva Rashitha	F Open	-47kg

Trinidad and Tobago {The Team in Total: 4}*Lifters: 2*

1.	Hosein Krystan	M Open	-74kg
2.	Padia Zahra	F Open	84+kg

Team Members: 2

1.	Hosein Krystan	✓ Cat.2	
2.	Hosein Krystan		✓ Coach

Wales {The Team in Total: 53}*Lifters: 47*

1.	Lee Josie	F Masters 4	-69kg
2.	McCarthy Sean	M Masters 2	-105kg
3.	Glendower David	M Masters 2	-105kg
4.	Lane Angelina	F Masters 2	-52kg
5.	Carrington Helen	F Masters 1	-84kg
6.	o'Callaghan Tracy	F Masters 1	84+kg
7.	Jones Delyth	F Masters 1	-69kg
8.	Goldsworthy Alison	F Masters 1	-76kg
9.	Shemilt Daniel	M Juniors	-83kg
10.	Williams Lucas	M Juniors	-83kg
11.	Morgan Joshua	M Juniors	-93kg
12.	James Oliver	M Juniors	-93kg
13.	Hughes Will	M Juniors	-105kg
14.	Boundford Corey	M Juniors	-105kg
15.	Heyburn Max	M Juniors	-120kg
16.	Rann Sebastian	M Juniors	-120kg
17.	Hood Ieuan	M Juniors	120+kg
18.	Sell Reanna	F Juniors	-52kg
19.	Radulescu Raluca	F Juniors	-52kg
20.	Barlow Vicky	F Juniors	-57kg
21.	Davies Nicole	F Juniors	-57kg
22.	May Emily	F Juniors	-63kg
23.	Labdon Grace	F Juniors	-84kg
24.	Baker Alice	F Juniors	-69kg
25.	Rubin Libby	F Juniors	-76kg

26. Mainwaring Holly	F Juniors	-76kg
27. Nash Logan	M Subjuniors	-74kg
28. Jago Thomas	M Subjuniors	-74kg
29. Edwards Ryan	M Open	-83kg
30. Francis Ieuan	M Open	-83kg
31. Boswell Rhys	M Open	-93kg
32. Davies Lewis	M Open	-93kg
33. Morgan Thomas	M Open	-93kg
34. Warren Louie	M Open	-93kg
35. Rogers Jay	M Open	-105kg
36. Walton Joseph	M Open	-120kg
37. Williams Andy	M Open	-120kg
38. Warren Ben	M Open	120+kg
39. Norris Meghan	F Open	-52kg
40. Phillips Kayley	F Open	-52kg
41. Beynon Jodi	F Open	-84kg
42. Martin Amy	F Open	-69kg
43. Kio-Bennett Christina	F Open	-69kg
44. Eaton Natasha	F Open	-76kg
45. Warren Marie	F Open	-76kg

Team Members: 6

- | | |
|---------------------|-------------------|
| 1. Morgan Thomas | ✓ Head Coach |
| 2. McCarthy Sean | ✓ Assistant Coach |
| 3. Carrington Helen | ✓ Assistant Coach |
| 4. Jones Delyth | ✓ Assistant Coach |
| 5. Eaton Natasha | ✓ Assistant Coach |
| 6. Warren Louie | ✓ Coach |

Summary Table

Number of Lifters	Commonwealth Womens Equipped Powerlifting Championships	36
	Commonwealth Mens Equipped Powerlifting Championships	40
	Commonwealth Womens Classic Powerlifting Championships	218
	Commonwealth Mens Classic Powerlifting Championships	239
	Commonwealth Womens Equipped Benchpress Championships	24
	Commonwealth Mens Equipped Benchpress Championships	29
	Commonwealth Womens Classic Benchpress Championships	77
	Commonwealth Mens Classic Benchpress Championships	63
Persons as ...	Referee	8
	Representative	84
	Referee & Representative	9
All Together		827